

April 2018

Elementary School District 159

Breakfast Menu



What is the **MOST** important meal of the day? It's **BREAKFAST**, make sure that you eat a good morning meal before school everyday!

Breakfast \$1.30
(Milk included with meal)
Milk 50¢
Offered Daily:
Fat Free Flavored
1% White

The Best way to start off each day is a well **Balanced Breakfast!!!!**
Whole Grain Cereals

Questions
Call Mary Kyler
Food Service Manager
708-283-9733
Menu changes may be necessary. Notice will be given when possible.
A comprehensive Nutrition & Allergy Guide is available in the Food Service Office.
For more information or to "Ask the Dietitian", check out our website!

	Monday	Tuesday	Wednesday	Thursday	Friday
2	SPRING BREAK	SPRING BREAK	SPRING BREAK	SPRING BREAK	SPRING BREAK
9	Blueberry Muffin 47G Fresh Fruit 100% Fruit Juice	Hot Breakfast Mini Cinnis 40G Or Super Donut 29G Fresh Fruit 100% Fruit Juice	11 Yogurt 19G & String Cheese 1G Fresh Fruit 100% Fruit Juice	12 French Toast Sticks 42G w/Syrup Or Zucchini Bread 43G Applesauce 100% Fruit Juice	13 Apple Oat Bar 48G Orange Halves 100% Fruit Juice
16	Banana Muffin 49G Fresh Pears 100% Fruit Juice	17 Hot Breakfast Maple Waffle 38G Or Mini Blueberry Muffin 25G Applesauce 100% Fruit Juice	18 Apple Oat Bar 48G Fresh Pears 100% Fruit Juice	19 Hot Breakfast Mini Cinnis 40G Or Super Donut 29G Pineapple 100% Fruit Juice	20 Yogurt 19G & String Cheese 1G Fresh Fruit 100% Fruit Juice
23	Chocolate Chip Muffin 45G Applesauce 100% Fruit Juice	24 Hot Breakfast Blueberry Pancakes 42G Or Honey Bun 34G Orange Halves 100% Fruit Juice	25 Super Donut 29G Orange Halves 100% Fruit Juice	26 Hot Breakfast French Toast Sticks 42G w/Syrup Or Zucchini Bread 43G Applesauce 100% Fruit Juice	27 No School Teacher Institute Day
30	Zucchini Bread 43G Orange Halves 100% Fruit Juice				

Neither Elementary School District 159, nor Arbor Management, Inc., shall be liable to any person for any physical injury or other adverse consequences which may arise as an alleged result of any inaccuracy in the estimate of carbohydrates. Manufacturer labels are the source of the information on menus. Thank you.

(*) Contains Pork